

ADAPTING GUIDED SELF-HELP FOR PEOPLE WITH LONG-TERM CONDITIONS
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DOCTORATE IN CLINICAL PSYCHOLOGY

Assignment/Assessment: Conduct of Major Research

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“I certify that all material in this assignment which is not my own work has been identified and properly attributed. I have conducted the work in line with the BPS DCP Professional Practice Guidelines.”

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Table of Contents

Copy of Instructions for Authors	2
Abstract	6
Introduction	7
Evidence-Based Psychological Interventions	7
Improving Access to Psychological Interventions for People with LTCs	8
Availability	8
Service utilisation	8
Relevant and effective services	9
Equity of services	10
Improving Access to Appropriate Interventions	10
Research Questions	11
Method	12
Design	12
Study 1. Semi Structured Qualitative Interviews: The Service Users Perspectives	12
Participants	12
Procedure	13
Interview data analysis	14

Study 2. Quantitative Survey: Professional's Perspectives	15
Participants	15
Procedure	15
Sample Characteristics	16
Survey data-analysis	16
Ethics	16
Results	16
Major Theme 1. The Self-Help Intervention	17
The impact of the long-term condition.	17
Cognitive Impact	17
Physical Impact	17
Interaction between physical and emotional health	18
The self-help material	19
Focus of self-help	19
Difficulties generalising	20
Recovery stories	21
Overall format of book	21
Modifying expectations	22
Survey data: professionals' views on the self-help approach	22
Major Theme 2. The "Guided" Support	23

Service setting	23
The supporting professional	24
Inclusion of a significant other	24
Format of delivery	25
Frequency of delivery	26
Survey data: professionals' views on the support	26
Discussion	27
Self-help Content	28
Supporting the Intervention	31
Strengths and Limitations	33
Clinical Implications	34
Recommendations For Future Research	35
Conclusions	36
Acknowledgments	37
References	38
Appendices	
Appendix A: Ethics documentation	63
A1. Participant information sheet and consent form	64
A2. Ethics Application Approval letter	70

Appendix B: Methodology	71
B1: Interview Recruitment procedure	72
B2. Interview Prompt Sheet	73
B3: Rational for Framework Analysis	74
B4. Paper Version of Staff Survey	75
Appendix C: Expanded results	86
C1. Research Themes and Concepts	87
C2. Themes Excluded from Further Interpretation	92
C3. Example of Indexing	93
C4. Example of Framework Matrix	94
C5. Expanded Interpretation of Results	99
Dissemination Statement	100

List of Tables

Table 1.	Participant characteristics	49
Table 2.	Stages of data analysis	51
Table 3.	Survey sample characteristics	53
Table 4.	Interview themes	55

List of Figures

Figure 1. The Stepped-Care Model of Depression and Generalised Anxiety Disorder	56
Figure 2. Selecting self-help material	57
Figure 3. Delivery of self-help interventions	58
Figure 4. Delivery of self-help interventions continued	59
Figure 5. Format of support	60
Figure 6. Scheduling contacts	61
Figure 7. Flexibility of practitioners	62

Abstract¹

Objective(s). An increasing demand exists for psychological interventions to increase recovery from depression and anxiety in people with long-term physical health conditions (LTCs). Guided self-help (GSH) may meet this need, however, there is limited evidence of GSH's appropriateness for people with LTCs.

Design. A mixed-methods study using qualitative interviews with people with stroke and Chronic Obstructive Pulmonary Disease (COPD), and a quantitative survey of professionals who support guided self-help, explored opinions about whether self-help is appropriate, and whether suggested adaptations varied across LTCs.

Results. Opinions varied about the appropriateness of standard self-help and adaptations required. Illness beliefs may help explain differences between the two LTCs and individual interviewees. The majority of professionals surveyed felt competent supporting people with LTCs, and reported having access to appropriate self-help material.

Conclusions. Recommendations for improving the appropriateness of contents of guided self-help for people with LTCs are provided. Supporting professionals need relevant knowledge and skills to integrate information about the LTC into the intervention, and offer flexible, personalised delivery to support participation.

¹ To provide sufficient information, the abstract section exceeds the 150 word limit for the intended journal.